

November 2022

Carver Council on Aging

What's Happening in November

Free Lunch for Senior Veterans

Wednesday,
November 9th
at 11:30 am

In honor of Veterans Day, show your military ID in the Nutrition Center of the COA to enjoy a free lunch in recognition of your selfless service and dedication to our Country. **For planning purposes, please call Head Cook June at 508-866-4698 x4 by Monday, November 7th if you plan to attend.**



Singer Jennifer Mello Concert

Wednesday, November 9th at 12:00 pm



Come join us for the song stylings of local singer Jennifer Mello. She will serenade the audience with a collection of patriotic and classic songs in recognition of Veterans Day and all the service men and women of the community in attendance. **Drop-in.**

Thanksgiving Turkey Luncheon

Tuesday, November 15th at 11:30 am

Join us for a delicious meal of turkey, gravy, stuffing, mashed potatoes, green beans, squash, cranberry sauce plus rolls & butter, served by members of the Carver Police Department who provide the turkeys and pies! *Plus, drawings for gift cards and prizes will be held by the Friends of Carver COA. Tickets at \$5 each go on sale starting Tuesday, November 1st with June in the Nutrition Center.*



Meet the Author: Diane Finn

Wednesday, November 16th at 1:00 pm

Meet Diane Finn local author of **The Naughty Pilgrims** based on court records of Plymouth Colony in the 17th century. Hear stories of the punishments for excessive drinking, gruesome murders and other crimes and how they differ from today. **Please register 508-866-4698 x3.**



The Friends of the Carver COA Holiday Craft Fair

Saturday, December 3rd, 9:00 am - 1:00 pm

Find unique homemade gifts for everyone on your holiday shopping list! Handmade Jewelry, Knitting /Crocheting, Holiday Decor, Baskets, Candles Home Textiles, Country Crafts and the Friends of the COA Bake Sale.

FREE photos with Mr. & Mrs. Claus!

Plus activities for the kids!

Drawings for Gift Baskets & Gift Cards!



CRAFTERS! There may still be some openings! Email: amcmahon2225@yahoo.com

COUNCIL ON AGING

Monday -Thursday
9 AM-3 PM
Friday 9 AM-12PM
48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR / ACTIVITIES COOR.

Connie Kelly
Monday-Friday
8 AM-4 PM
508-866-4698 x3
connie.kelly@carverma.gov

BOARD OF DIRECTORS

Donna Marie Forand-Chair
Claudia Miller-Vice Chair
Helen Marrone-Secretary
Elaine Raymond
Mary DuRoss
Paula Hitchcock Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - President
Paul M Kelly -Vice President
Madeline Joyce -Treasurer
Jackie Rogerson - Secretary
Alice McMahon - Board Member

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Appointments (*any weekday*) - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm
a MINIMUM OF 2 BUSINESS DAYS IN ADVANCE
to schedule a seat on the bus.

Please have the address of the location you need transportation to when you call.

Call in advance to **CANCEL** a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please be ready at the scheduled pick up time!

Drivers are **only able to wait a maximum of 5 minutes** after the scheduled pick up time.

SHOPPING SCHEDULE

SUPERMARKET RUNS - 1 HOUR

Wednesdays 12:30 pm Market Basket

Thursdays 9:30 am - 1st & 3rd - Walmart / Wareham
2nd & 4th - Walmart / Plymouth

Fridays 9:30 am Shaw's

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. A book of passes makes a great gift for any senior in your life that needs transportation!

How do I schedule a ride?

Call 508-866-4698 x-1 prior to 12 pm the day before.

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers **must** bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

SPECIAL NOTICE

Due to increased ridership, reservations for Gatra Bus trips need to be made **as far in advance as possible.**

As soon as you make your doctor's appointments call the dispatcher at 508-866-4698 x1 to make a reservation for transportation as well.

It is never too soon to reserve your spot!

LOAN CLOSET (*please call before dropping off items*)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., to borrow at no charge. **Sanitization is the responsibility of the borrower.**

COPIES

The COA will make **FREE** limited copies for seniors. Ask a staff member during our regular hours for assistance.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**. Meet with Mark at the COA monthly every 4th Thursday.

LEGAL ADVICE AT THE COA

Attorney-at-Law Lawrence L. Hale is available for free 15 minute legal advice appointments for seniors on the **second** Thursday of each month, starting at 10:00 am. Call 508-866-4698 x 3 for an appointment.

FREE FINANCIAL CONSULTATIONS \$\$\$\$\$\$\$\$\$\$

Meet with Sandy Childs, Financial Advisor with Edward Jones, for a free half hour session every 4th Tuesday from 1 - 4. Call 508-866-4698 x 3 for an appointment.

FRIENDS OF THE CARVER COUNCIL ON AGING

Annual membership is \$10 which supports COA activities, events, performances and trips! **Send to:** Friends of Carver COA, P.O. Box 72, Carver, MA 02330. For more info check the website: friendscarvercoa.com

SENATOR MARC PACHECO

Call 508-822-3000 or 617-722-1551 for an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call 508-295-5999 for an appointment.

WEEKLY WELLNESS CLINICS

Carver EMS provides weekly blood pressure clinics plus **monthly** glucose and cholesterol screenings Tuesdays from 9:30 am -11:30 am. Drop-in.

FUEL ASSISTANCE AND SNAP APPLICATIONS

For Fuel Assistance call South Shore Community Action Council at **508-746-6707** to request an application and a list of required documents. Pick up a SNAP application at the COA **then call for an appointment 508-866-4698 x2.**

FRIENDS OF CARVER COA HOLIDAY CRAFT FAIR BAKE SALE DONATIONS NEEDED



Anyone who would like to donate baked goods to the Friends Bake Sale please call the COA at 508-866-4698 x3

or email: amcmahon2225@yahoo.com

Items will need to be wrapped for individual sale and can be dropped off to the COA on Friday, December 2nd between 9:00 am - 12:00 pm.

GATRA MINI-BUS

Peggy Wood
Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Heidi Lufkin-Miles
Outreach Facilitator

Monday - Friday

8 AM - 4 PM

508-866-4698 x 2

NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:30

WEEKLY ACTIVITIES

CHAIR YOGA

with Mary Wilson RYT500

Mondays in November - 7, 14, 21 & 28 at 10:00 am. Suggested \$5 donation.

Please register at 508-866-4698 x3.

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1:00 pm.

Call to register at 508-866-4698 x3.

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays at 5 pm. Register 508-866-4698 x3..

RUMMIKUB

Wednesdays at 12:00 pm. Drop-In.

BINGO Thursdays, 12:30 pm (Arrive before 12:15 pm to buy games) \$1 for 50/50, \$5 for a 10 game pack and \$1 for Coverall.

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am meet Police Chief Marc Duphily to discuss any concerns. Drop-in.

SINGO - MUSICAL BINGO

with Jim the DJ Guy on the first Monday of every month - 12:00 pm.

LINE DANCING CLASS

with David & Marcia Burbank

Fridays, November 4th &

18th at 1:00 pm. Cost: \$5

Please register at 508-866-4698 x3.



BEREAVEMENT SUPPORT GROUP

Will resume on December 23rd at 10:00 am. Please register at 508-866-4698 x3. (every 4th Friday monthly)

TALK WITH THE T.A. (resumes Dec)

Carver Town Administrator Robert Fennessy will resume in December to meet with any seniors to discuss their concerns at the Carver COA every third Tuesday at 10:30 am. Drop-in.

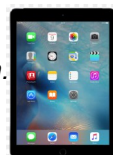
iPAD INSTRUCTION

w/ Lydia Nelson Tuesday,

November 22nd at 10:00 am.

Bring your own iPad or borrow one of ours for this informal and fun class!

Please register 508-866-4698 x3.



WHAT'S HAPPENING THIS MONTH

WEEKLY CRAFT CLASSES

Sponsored by the Friends of Carver COA Wednesdays at 10:00 am Please register 508-866-4698 x3. Supplies may be limited.



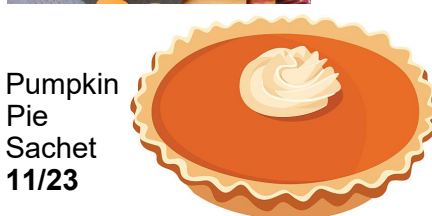
Tissue Paper Flowers 11/2



Patriotic Centerpiece 11/9



Turkey 11/16



Pumpkin Pie Sachet 11/23



Holiday Countdown 11/30

JEWELRY MAKING W/ NANCY

Thursday, November 10th, 3 pm

Design and craft a custom piece of jewelry with Nancy's helpful guidance. Cost \$10.

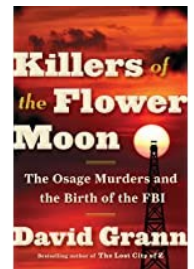
Register at 508-866-4698 x3.

BOOK CLUB SELECTION

Killers of the Flower Moon

by David Grann

This true story is set in 1920s Oklahoma and depicts the serial murder of members of the oil-wealthy Osage Nation, a string of brutal crimes that came to be known as the Reign of Terror. Please register at 508-866-4698 x3 and for a copy of the book. Book Discussion Meeting: Monday, November 28th at 1:00 pm.



MOVIE MATINEE: PLANES, TRAINS, AND AUTOMOBILES

Monday, November 21st at 12:30 pm

John Hughes' classic tale of holiday travel gone awry. Please register at 508-866-4698 x3.



Join a Committee!

There are openings on several committees see

www.carverma.gov

for a listing & application on the link located on the front page!



SHINE NEWS

Medicare Open Enrollment runs from October 15 - December 7

and is the time of year when you can make changes to your Medicare coverage.

Please call for an appointment today! 508-866-4698 x2

FOOD PANTRY

Shane Gives Thanks - 128 Main St.

Tues./Thurs - 8 - 1

*Wed 1 - 4

Sat/Sun/Mon - Closed

*Wed. is Veteran's Shopping Day

508-866-7673

MEALS ON THE MOVE

The COA provides prepared meals for homebound elders.

Monday - Friday

Daily Cost: \$3.00

Call the Nutrition Center at

508-866-4698 x 4

SHINE PROGRAM

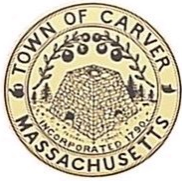
Health Insurance Counseling

Heidi Lufkin-Miles

SHINE Counselor / Outreach Facilitator

Call 508-866-4698 x2

for an appointment.



CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366
Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330



NOVEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TURKEY LUNCHEON TICKETS GO ON SALE TUESDAY NOVEMBER 1ST!	1 Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Oil Painting 1:00 pm	2 Tissue Paper Flowers 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00 pm	3 Lunch 11:30 am BINGO 12:30 pm	4 Lunch 11:30 am Line Dancing 1:00 pm	5
6	7 Chair Yoga 10:00 am SINGO 12:00 pm Lunch 11:30 am	8 Wellness Clinic 9:30 - 11:30 am Coffee w/ the Chief 10:30 am Lunch 11:30 am Oil Painting 1:00 pm	9 Patriotic Centerpiece 10:00 am Veterans Luncheon Lunch 11:30 am Jennifer Mello Concert 12:00 pm Acrylic Painting 5 pm	10 Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 3:00 pm	11  VETERANS DAY NOV 11th	12
13	14 Chair Yoga 10:00 am Lunch 11:30 am	15 Wellness Clinic 9:30 - 11:30 Turkey Luncheon 11:30 am Tickets Needed Oil Painting 1:00 pm	16 Turkey Decoration 10:00 am Lunch 11:30 am Rummikub 12:00 pm Naughty Pilgrims 1 p Acrylic Painting 5:00 p	17 Lunch 11:30 am BINGO 12:30 pm	18 Lunch 11:30 am Line Dancing 1:00 pm	19
20	21 Chair Yoga 10:00 am Lunch 11:30 am Movie Matinee 12:30 pm	22 Wellness Clinic 9:30 - 11:30 am iPad Class 10:00 am Lunch 11:30 am Financial Planning 1-4 Oil Painting 1pm	23 Pumpkin Pie Sachet 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5 pm	24 CLOSED FOR THANKSGIVING HOLIDAY 	25 CLOSED FOR THANKSGIVING HOLIDAY	26 DON'T FORGET THE FRIENDS HOLIDAY CRAFT FAIR SATURDAY, DECEMBER 3RD 9 AM - 1 PM
27	28 Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm	29 Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Oil Painting 1:00 pm	30 Holiday Countdown 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00 pm	<p>The printing of this newsletter is supported in part by the Executive Office of Elder Affairs.</p> <p>To help reduce the costs of printing and mailing please consider receiving your newsletter by email!</p> <p>Send an email to: CarverCOANews@carverma.org.</p>		